

Selfridges Selection Mini Vegan Cheese Board gift box

Includes: Selfridges Selection Apple, Pear & Plum Chutney 220g, I AM NUT OK Apricot & Fig Vegan Not Cheese 120g, Selfridges Selection Scottish savoury oatcakes 150g, I AM NUT OK garlic butter 140g, , I AM NUT OK Sauvignonsense 120g, small bamboo square plank, large wooden box

Selfridges Selection Apple, Pear & Plum Chutney 220g

Ingredients

Apples, Brown Sugar, Pears, Red Onions, White Wine Vinegar, Plums, Sultanas, Sea Salt, Mixed Spice, Acidity Regulator: Citric Acid, Cinnamon, Ground Cloves, Ground Ginger

Allergen Information - Contains

For allergens, please see ingredients in **bold**

Product Claims - Suitable For

Free from alcohol

Vegans

Vegetarian

Nutritional Information

Portion Size 11 g

Energy - kJ 723.00 per 100g / 80.00 Per Portion

Energy - kcal 170.00 per 100g / 19.00 Per Portion

Fat (g) .00 per 100g

Fat of which Saturated (g) .00 per 100g

Carbohydrates (g) 40.00 per 100g / 4.40 Per Portion

Carbohydrates of which Sugars (g) 39.00 per 100g / 4.30 Per Portion

Fibre (g) 2.40 per 100g / .30 Per Portion

Protein (g) .80 per 100g / .10 Per Portion

Salt (g) .56 per 100g / .06 Per Portion

Storage Information

Please store in a cool, dry place

Preparation Instructions

Ready to eat

Country of Origin

United Kingdom

I Am Nut Okay apricot & fig vegan cheese 120g

Ingredients

Dried Figs, Dried Apricot, Cashew **Nuts(Nuts)**, Water, Coconut Oil, Salt, Nutritional Yeast, Live Cultures,

Allergen Information – Contains

For allergens, please see ingredients in **bold**

Nuts

May contain Allergens

Mustard

Soya

Product Claims - Suitable For

Free from alcohol

Ovo Lacto Vegetarian

Lactose Intolerance

Ovo Vegetarian

Vegans

Vegetarian

Nutritional Information

Portion Size 120 g

Energy - kJ 1341.0000 per 100g / 1609.0000 Per Portion

Energy - kcal 323.0000 per 100g / 388.0000 Per Portion

Fat (g) 25.0000 per 100g / 30.0000 Per Portion

Fat of which Saturated (g) 5.0000 per 100g / 6.0000 Per Portion

Carbohydrates (g) 14.0000 per 100g / 16.8000 Per Portion

Carbohydrates of which Sugars (g) 7.0000 per 100g / 8.4000 Per Portion

Fibre (g) 2.7000 per 100g / 3.2000 Per Portion

Protein (g) 10.2000 per 100g / 12.2000 Per Portion

Salt (g) 1.6000 per 100g / 1.9200 Per Portion

Storage Information

Chilled -2c to 5c

Preparation Instructions

Ready to eat

Country of Origin

United Kingdom

Selfridges Selection Scottish savoury oatcakes 200g**Ingredients**

Scottish Oatmeal & Oatflakes(**Gluten**), Rapeseed Oil, Sea Salt, Raising Agent

Allergen Information – Contains

For allergens, please see ingredients in **bold**

May contain Allergens

Nuts

Product Claims - Suitable For

Ovo Lacto Vegetarian

Nutritional Information

Portion Size 15 g

Energy - kJ 1785.0000 per 100g / 268.0000 Per Portion

Energy - kcal 425.0000 per 100g / 64.0000 Per Portion

Fat (g) 18.4000 per 100g / 2.8000 Per Portion

Fat of which Saturated (g) 2.0000 per 100g / .3000 Per Portion

Carbohydrates (g) 49.5000 per 100g / 7.4000 Per Portion

Carbohydrates of which Sugars (g) .9000 per 100g / .1000 Per Portion

Fibre (g) 9.5000 per 100g / 1.4000 Per Portion

Protein (g) 10.7000 per 100g / 1.6000 Per Portion

Salt (g) .7000 per 100g / .1000 Per Portion

Storage Information

Please store in a cool, dry place

Preparation Instructions

Ready to eat

Country of Origin

United Kingdom

I AM NUT OK garlic butter 140g

Ingredients

Cashew **Nuts(Nuts)**, Water, Coconut Oil, Rapeseed Oil, Sea Salt, Sunflower Lecithin, Garlic, Nutritional Yeast, Lactic Acid, Live Cultures

Allergen Information – Contains

For allergens, please see ingredients in **bold**

Nuts

May contain Allergens

Peanuts

Celery

Nuts

Mustard

Sesame

Cereals containing gluten

Soya

Product Claims - Suitable For

Ovo Lacto Vegetarian

Lactose Intolerance

Ovo Vegetarian

Vegans

Vegetarian

Nutritional Information

Portion Size 10 g

Energy - kJ 2947.0000 per 100g / 295.0000 Per Portion

Energy - kcal 716.0000 per 100g / 72.0000 Per Portion

Fat (g) 78.0000 per 100g / 7.8000 Per Portion

Fat of which Saturated (g) 51.7000 per 100g / 5.2000 Per Portion

Carbohydrates (g) 1.9000 per 100g / .2000 Per Portion

Carbohydrates of which Sugars (g) .5000 per 100g / .1000 Per Portion

Fibre (g) .0000 per 100g

Protein (g) 1.9000 per 100g / .2000 Per Portion

Salt (g) 1.5000 per 100g / .1500 Per Portion

Storage Information

Please store in a cool, dry place

Preparation Instructions

Ready to eat

Country of Origin

United Kingdom

I AM NUT OK Sauvignonsense 120g

Ingredients

Wine Powder, Cashew **Nuts(Nuts)**, Water, Coconut Oil, Sea Salt, Onion, Live Cultures

Allergen Information – Contains

For allergens, please see ingredients in **bold**

Nuts

May contain Allergens

Mustard

Soya

Product Claims - Suitable For

Free from alcohol

Ovo Lacto Vegetarian

Lactose Intolerance

Ovo Vegetarian
Vegans
Vegetarian

Nutritional Information

Portion Size 100 g

Energy - kJ 1341.0000 per 100g / 1341.0000 Per Portion

Energy - kcal 323.0000 per 100g / 323.0000 Per Portion

Fat (g) 25.0000 per 100g / 25.0000 Per Portion

Fat of which Saturated (g) 5.0000 per 100g / 5.0000 Per Portion

Carbohydrates (g) 14.0000 per 100g / 14.0000 Per Portion

Carbohydrates of which Sugars (g) 7.0000 per 100g / 7.0000 Per Portion

Fibre (g) .0000 per 100g

Protein (g) 10.0000 per 100g / 10.0000 Per Portion

Salt (g) 1.6000 per 100g / 1.6000 Per Portion

Storage Information

Chilled -2c to 5c

Preparation Instructions

Ready to eat

Country of Origin

United Kingdom

Online Food Disclaimer

While Selfridges takes reasonable care to ensure the information (including allergen) appearing on our website is correct, recipes and ingredients are subject to changes by our suppliers & manufacturers.

To ensure you are reviewing the most up-to-date information PLEASE CHECK THE PRODUCT PACKAGING BEFORE CONSUMPTION.